WHAT IS CLAIMED AS INVENTION IS:

In a face mask for use with a self contained breathing apparatus, said face mask comprising a frame having a top and a bottom, a transparent face plate within said frame, a face seal fixed to said frame and surrounding said face plate, a nose cup within said face seal and towards said bottom of said frame, and strap means for holding said face mask to the face of a user, the improvement wherein said strap means comprises a head piece having a top end adjacent to said top end of said frame and a bottom end adjacent to said bottom end of said frame, a first plurality of straps fixed to said top end of said head piece and to said top end of said frame, and a second plurality of straps adjustably fixed to said bottom end of said head piece and fixed to said bottom end of said frame, so that shortening said second plurality of straps pulls said head piece and causes said face seal to seal against the face of a user.

2. In a face mask as claimed in claim 1, the further improvement wherein said head piece is non-stretchable and dimensionally unstable for conforming to the head of a user

3. In a face mask as claimed in claim 2, the improvement wherein said head piece is generally rectangular, said first plurality of straps comprises a first pair of straps fixed to the corners of said top end of said head piece for fixedly holding said head piece with respect to said frame.

4. In a face mask as claimed in claim 3, the further improvement wherein said second plurality of straps comprises a second pair of straps, said second pair of straps comprising a pair of buckles fixed to said bottom end of said head piece, and a pair of strap portions fixed to said bottom end of said frame and adjustably received by said buckles.

In a face mask as claimed in claim 1, the improvement comprising a pair of eyeglasses within said face mask and supported adjacent to said nose piece, said eyeglasses comprising a pair of frames including a pair of lenses in said frames, a bridge fixed to said frames for holding said frames with respect to each other, a mounting member carried by said nose cup, and support arms fixed to said bridge and adjustably fixed to said mounting member.

5%. In a face mask as claimed in claim 4, the further improvement comprising at least one rib on said nose cup, said rib defining a longitudinal hole therein, said mounting member including at least one arm slidably receivable within said longitudinal hole.

In a face mask as claimed in claim, the improvement comprising a block carried by said support arms, said block defining holes therethrough for slidably receiving said mounting member.

8. In a face mask as claimed in claim 1, wherein said face seal includes a forehead portion for contacting the forehead of the wearer, the improvement wherein said face seal is of a single thickness at said forehead portion.

In a face mask as claimed in claim 1, wherein said face seal includes opposed temple portions, the improvement wherein said temple portions extend inwardly of the rest of said seal.

The method of sizing a face mask to fit a variety of sizes of adults comprising the steps of molding a nose cup for a face mask of a medium size, said nose cup having a top end for engaging the bridge of the nose of the user of the face mask and a bottom end for receiving

the chin of said user, said method further including the step of adjusting said bottom end of said nose cup to fit said user.

- 11. The method as claimed in clam 10, wherein said step of adjusting said bottom end comprises the step of removing a portion of said bottom end, and joining the edges for shortening said nose cup.
- 12. The method as claimed in claim 10, wherein said step of adjusting said bottom end comprises the step of cutting away a portion of said bottom end for allowing the chin of the user to extend beyond said nose cup and remain within said face seal.

In a face mask for use with a self contained breathing apparatus, said face mask comprising a frame having a top and a bottom, a transparent face plate within said frame, a face seal fixed to said frame and surrounding said face plate, a nose cup within said face seal and towards said bottom of said frame, and strap means for holding said face mask to the face of a user, the improvement comprising a pair of eyeglasses within said face mask and supported adjacent to said nose piece, said eyeglasses comprising a pair of frames including a pair of lenses in said frames, a bridge fixed to said frames for holding said frames with respect to each other, a mounting member carried by said nose cup, and support arms fixed to said bridge and adjustably fixed to said mounting member.

14. In a face mask as claimed in claim 13, the further improvement comprising at least one rib on said nose cup, said rib defining a longitudinal hole therein, said mounting member including at least one arm slidably receivable within said longitudinal hole.

In a face mask as claimed in claim 14, the improvement comprising a block carried by said support arms, said block defining holes therethrough for slidably receiving said mounting member.

In a face mask as claimed in claim 13, the improvement wherein said strap means comprises a head piece having a top end adjacent to said top end of said frame and a bottom end adjacent to said bottom end of said frame, a first plurality of straps fixed to said top end of said head piece and to said top end of said frame, and a second plurality of straps adjustably fixed to said bottom end of said head piece and fixed to said bottom end of said frame, so that shortening said second plurality of straps pulls said head piece and causes said face seal to seal against the face of a user.

17. In a face mask as claimed in claim 16, the further improvement wherein said head piece is non-stretchable and dimensionally unstable for conforming to the head of a user.

In a face mask as claimed in claim 17, the improvement wherein said head piece is generally rectangular, said first plurality of straps comprises a first pair of straps fixed to the corners of said top end of said head piece for fixedly holding said head piece with respect to said frame.

In a face mask as claimed in claim 18, the further improvement wherein said second plurality of straps comprises a second pair of straps, said second pair of straps comprising a pair of buckles fixed to said bottom end of said head piece, and a pair of strap portions fixed to said bottom end of said frame and adjustably received by said buckles.

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